

## Refine Search

### Search Results -

Terms	Documents
L7 and 705/27	11

Database:

US Pre-Grant Publication Full-Text Database  
 US Patents Full-Text Database  
 US OCR Full-Text Database  
 EPO Abstracts Database  
 JPO Abstracts Database  
 Derwent World Patents Index  
 IBM Technical Disclosure Bulletins

Search:






### Search History

DATE: Monday, April 23, 2007    [Purge Queries](#)    [Printable Copy](#)    [Create Case](#)

<u>Set</u> <u>Name</u> side by side	<u>Query</u>	<u>Hit</u> <u>Count</u>	<u>Set</u> <u>Name</u> result set
	<i>DB=PGPB,USPT,USOC,EPAB,JPAB,DWPI,TDBD; PLUR=YES; OP=OR</i>		
<u>L18</u>	17 and 705/27	11	<u>L18</u>
	<i>DB=USPT; PLUR=YES; OP=OR</i>		
<u>L17</u>	'5970472'.pn.	1	<u>L17</u>
<u>L16</u>	'5970472'.pn.	1	<u>L16</u>
<u>L15</u>	'5297031'.pn.	1	<u>L15</u>
<u>L14</u>	'5463547'.pn.	1	<u>L14</u>
<u>L13</u>	'5794212'.pn.	1	<u>L13</u>
<u>L12</u>	'6131087'.pn.	1	<u>L12</u>
<u>L11</u>	'6131087'.pn.	1	<u>L11</u>
<u>L10</u>	'6061660'.pn.	1	<u>L10</u>
	<i>DB=PGPB,USPT,USOC,EPAB,JPAB,DWPI,TDBD; PLUR=YES; OP=OR</i>		
<u>L9</u>	17 and 705/26	20	<u>L9</u>
<u>L8</u>	L7 and price with points	21	<u>L8</u>

<u>L7</u>	L5 and (sales or buying or buy\$ or sell\$ or selling) with activity with (feedback or response or opinion)	161	<u>L7</u>
<u>L6</u>	L5 and sales with activity with feedback	34	<u>L6</u>
<u>L5</u>	705.clas.	49743	<u>L5</u>
<u>L4</u>	705/27	3591	<u>L4</u>
<u>L3</u>	705/26	7355	<u>L3</u>
<u>L2</u>	6473748.pn.	2	<u>L2</u>
<u>L1</u>	5710887.pn.	2	<u>L1</u>

END OF SEARCH HISTORY

[Sign in](#)[Web](#) [Images](#) [Video](#) [News](#) [Maps](#) [more »](#)

carbohydrate addict's lifespan program 1999 "

Search

[Advanced Search](#)  
[Preferences](#)**Web** Results 1 - 9 of about 156 for **carbohydrate addict's lifespan program 1999 "bids"**. (0.45 seconds)[eBay Canada - Exercise Fitness Nonfiction Books browse Canada's ...](#)The **Carbohydrate Addict's Lifespan Program** used e24. C \$0.55, -, USA, 24m ... The

Memory Cure by Brenda Adderly (1999). C \$1.12, -, USA, 1h 14m ...

[books.listings.ebay.ca/\\_Books\\_Exercise-Fitness\\_](#)

W0QQa23713Z17090QQalistZa23713QQfsooZ1QQfsopZ1QQgcsZ1127QQ... - 102k -

[Cached](#) - [Similar pages](#)[eBay Canada - Family, Relationship Nonfiction Books browse Canada ...](#)The **Carbohydrate Addict's Lifespan Program** by Dr. Ri... C \$1.12, -, USA, 1d 01h 18m.

Listing has pictures ... Comrades by Stephen E. Ambrose Jr. (1999) ...

[books.listings.ebay.ca/](#)

\_W0QQa23713Z23779QQalistZa23713QQgcsZ1127QQlopgZ8QQpfidZ1432QQsacatZQ2d100QQsocmdZ

- 102k - [Cached](#) - [Similar pages](#)[Lose Weight Books - Fight Fat 24/7](#)

Body for Life by Bill Phillips, Michael D'Orso (1999). US \$1.99 (1 Bid) ... THE

**CARBOHYDRATE ADDICT'S LIFESPAN PROGRAM WEIGHT LOSS**. US \$0.95 (0 Bid) ...[www.fightfat247.com/lose\\_weight\\_books.html](#) - 87k - [Cached](#) - [Similar pages](#)[\(Category: Textbooks, Education \)](#)

US \$122.05 (9 Bids) End Date: Wednesday Apr-18-2007 6:55:54 PDT Bid now | Add to

watch list ... The **Carbohydrate Addict's Lifespan Program** by Dr. Ri. ...[rss.api.ebay.com/ws/rssapi?FeedName=SearchResults&siteId=0&language=en-](#)US&output=RSS20&sa... - 176k - [Cached](#) - [Similar pages](#)[eBay Seller: ks liquidators: Nonfiction Books, VHS items on eBay.com](#)

Monica's Story by Andrew Morton (1999). This seller accepts PayPal, -, \$0.99 ... The

**Carbohydrate Addict's Lifespan Program** by Dr. Ri. ...[search.ebay.com/\\_W0QQsassZksQ5liquidators](#) - 124k - [Cached](#) - [Similar pages](#)[eBay Seller: ddie39: Fiction Books, Nonfiction Books items on eBay.com](#)

Silver Wing by Cassie Edwards (1999). This seller accepts PayPal, -, \$0.99, \$2.75, 4d 04h

35m ... The **Carbohydrate Addict's Lifespan Program** by Dr. Ri. ...[search.ebay.com/\\_W0QQsassZddie39](#) - 107k - [Cached](#) - [Similar pages](#)[\[ More results from search.ebay.com \]](#)[eBay Store - Cheap2ReadBooks Book s: Romance Book s, Mystery ...](#)

What We Keep by Elizabeth Berg (1999)LPb. US \$2.25, Buy It Now or Best Offer ... The

**Carbohydrate Addict's Lifespan Program** HC. US \$2.00 ...[stores.ebay.com/Cheap2ReadBooks\\_](#)W0QQcolZ4QQdirZ1QQfsubZ0QQftidZ2QQpZ8QQtZkm - 78k - [Cached](#) - [Similar pages](#)[eBay - Health Fitness Nonfiction Books - Find IT on eBay](#)The **Carbohydrate Addict's Lifespan Program** by Dr. Ri... This seller accepts PayPal, -,

\$0.75 ... Body for Life by Bill Phillips, Michael D'Orso (1999) ...

[books.listings.ebay.com/](#)

\_W0QQa23713Z17090QQalistZa23713QQgcsZ1127QQpfidZ1402QQsacatZQ2d100QQsascZ1QQsocm...

- 124k - [Cached](#) - [Similar pages](#)[eBay - Health Fitness Nonfiction Books - Find IT on eBay](#)

The **Carbohydrate Addict's Lifespan Program**... This seller accepts PayPal, -, \$0.99 ...  
Optimal Muscle Recovery by Edmund R. Burke (1999) NEW ...  
books.listings.ebay.com/  
\_W0QQa23713Z17090QQalistZa23713QQgcsZ1127QQlopgZ9QQpfidZ1402QQsacatZQ2d100QQsocmd..  
- 130k - [Cached](#) - [Similar pages](#)

Result Page:    [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#)    **[Next](#)**

Download [Google Pack](#): free essential software for your PC

---

[Search within results](#) | [Language Tools](#) | [Search Tips](#) | [Dissatisfied?](#) [Help us improve](#)

---

[Google Home](#) - [Advertising Programs](#) - [Business Solutions](#) - [About Google](#)

©2007 Google

amazon.co.uk

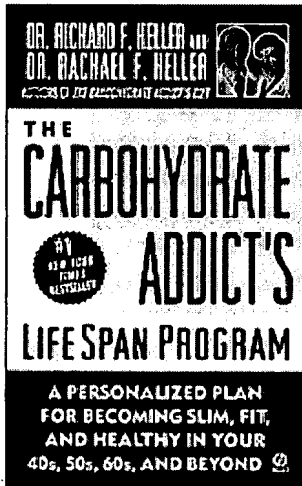
VIEW BASKET | WISH LIST | YOUR ACCOUNT | HELP

WELCOME | YOUR STORE | **BOOKS** | ELECTRONICS & PHOTO | MUSIC | DVD BUY & RENT | VIDEO | SOFTWARE | PC & VIDEO GAMES | HOME & GARDEN | TOYS & GAMES | **NEW!** SPORTS & LEISURE

BOOK SEARCH | BROWSE CATEGORIES | SPECIAL OFFERS | BESTSELLERS | AUDIO BOOKS | PAPERBACKS - 3 FOR £12 | TEXTBOOKS & REVISION | NEW RELEASES | SELL YOUR BOOKS

Search

Find "carbohydrate addicts lifespan program 1999" on Amazon.com



[See larger image](#)

[Publisher: learn how customers can search inside this book.](#)

## The Carbohydrate Addict's Lifespan Program: Personalized Plan for Becoming Slim, Fit & Healthy in Your 40's 50's 60's and Beyond (Paperback)

by [Richard F. Heller](#) (Author), [Dr Richard F. Heller](#) (Author), [Rachael F. Heller](#) (Author)

★★★★★ (17 customer reviews)

**Price: £3.74** & eligible for **Free UK delivery** on orders over £15 with Super Saver Delivery. [See details and conditions](#)

**Availability:** Usually dispatched within 1 to 3 weeks. Dispatched from and sold by Amazon.co.uk.

**30 used & new** available from £0.01

**Price: £3.74**  
Usually dispatched within 1 to 3 weeks  
Dispatched from and sold by Amazon.co.uk

Quantity:

Add to Shopping Cart

or

[Sign in](#) to turn on 1-Click

**More Buying Choices**

**30 used & new** from £0.01

Have one to sell? Sell

Add to Wish List

Add to Wedding Registry

Tell a friend

**Other Editions: RRP: Our Price: Other Offers:**

Hardcover		<a href="#">11 used &amp; new</a> from £0.97
Paperback	£14.50 £16.49	<a href="#">139 used &amp; new</a> from £0.01

## Perfect Partner

Buy this book with [The Carbohydrate Addict's Carbohydrate Counter](#) by Richard F. Heller today!



**Buy Together Today: £6.79**

**Customers who bought this item also bought**

The Carbohydrate Addict's Carbohydrate Counter by Richard F. Heller

The Carbohydrate Addict's 7-Day Plan: Start Fresh on Your Low-Carb Diet! by Dr Rachael F. Heller

The Carbohydrate Addict's No Cravings Cookbook: 200 All-New Low-Carb Recipes to Satisfy Every Craving by Rachael F. Heller

Sugar Addicts' Diet: See The Pounds Drop Off! by Nicki Waterman

The Sugar Addict's Total Recovery Programme: All Natural, Simple Solutions That Build Energy, Depression and Enhance Mental Focus by Kathleen Desmaisons

The Low-Carb Gourmet by Karen Barnaby

► **Explore similar items :** [Books](#) (9)

---

## Product details

**Paperback:** 496 pages

**Publisher:** Signet Book; Reissue edition (Dec 2001)

**Language** English

**ISBN-10:** 0451204972

**ISBN-13:** 978-0451204974

**Product Dimensions:** 6.8 x 4.2 x 1.2 inches

**Average Customer Review:** ★★★★★ based on 17 reviews. ([Write a review.](#))

**Amazon.co.uk Sales Rank:** 26,103 in Books

(Publishers and Manufacturers: [Improve Your Sales](#))

**Other Editions:** [Hardcover](#) | [Paperback](#) | [All Editions](#)

Would you like to **update product info** or **give feedback on images**? (We'll ask you to sign in if you don't have an account, then you can get back to you)

---

## Customers who viewed this item also viewed

The Complete F-plan (Penguin Health Care & Fitness) by Audrey Eyton

The Ultimate GI Jeans Diet by Rosemary Conley

Carb Counter: A Clear Guide to Carbohydrates in Everyday Foods (Collins GEM)

► **Explore similar items :** [Books](#) (7)

---

## Customer Reviews

**Average Customer Review:** ★★★★★

**Write an online review and share your thoughts with other customers.**

2 of 3 people found the following review helpful:

★★★★★ **IF you are a Carbo Addict its sooo perfect.**, 4 Aug 2000

Reviewer: **A reader**

It saved me! (period)

but for us europeans there are quite a few problems regarding the measurements in the book

everything is in inches and cups and so forth..

It's a true revolution in dieting related to the present "truth" here in denmark.. Read it if you r any success in losing weight due to severe cravings during ordinary diets.

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

7 of 7 people found the following review helpful:

**★★★★★ No more pain!, 3 Dec 1999**

Reviewer: **A reader**

After many years of severe indigestion after eating food and popping antacid tablets sometime much as 6 times a day this diet has cured it in one day. You cannot believe the relief after all t

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

2 of 2 people found the following review helpful:

**★★★★★ An excellent Life changing Book, 29 Aug 1999**

Reviewer: **A reader**

I wish I had found this book or WOE years ago. I can hardly believe that I am not craving the sweets anymore. I have them but on MY terms. I would recommend this to everyone. Weight off and quite easily. Good luck to all who buy this. You will be successful.

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

1 of 1 people found the following review helpful:

**★★★★★ Great plan for feeling well, 26 Aug 1999**

Reviewer: **A reader**

I have been following this program for about 11 weeks and have lost about 15 pounds. The be that I have tightened up my physique (the flab is gone) and feel great. My cholesterol is down points and I no longer fall asleep after meals.

Easy reading - Great plan!

Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

4 of 4 people found the following review helpful:

**★★★★★ An easy way of eating for all ages!, 3 Aug 1999**

Reviewer: **A reader**

This is an easy to follow low-carb way of eating which is easy to maintain for a lifetime. I have almost 50 lb. in 6 months. I am still loosing a few oz. a week - instead of gaining 3 pounds a y There is no counting involved. This diet is especially good for people that have PCOS, insulin re or are diabetic. This diet does not put you into ketosis! There is nothing dangerous about it. I

have to worry about my weight again! I am a new person!! And I feel better than I have in YE

This way of eating was hard to adjust to for the first few months but now I could not even ima  
back to the way I used to eat (lots of pasta, etc). It was much like a vegetarian must make a c  
effort to change the their way of eating, but now it is second nature. Now if only the airlines w  
a choice of low-carb meals!

Was this review helpful to you? ☐ Yes ☐ No [\(Report this\)](#)

2 of 2 people found the following review helpful:

**★★★★★ THIS PROGRAM STOPS HUNGER FOREVER!**, 7 Jul 1999

Reviewer: **A reader**

Upon hearing about this program, low carbohydrates, I was extremely sceptical. I have howev  
into the book and found it to be an amazing concept that truly works. It was easy to read, and  
understand, but most importantly IT WORKS! Thank you Dr. Richard and Rachael Heller!

Was this review helpful to you? ☐ Yes ☐ No [\(Report this\)](#)

[See all 17 customer](#)

---

## Listmania!



Healthy Vegetarian And Vegan Food: A list by Y. Bishop "Yvonne Bishop-Weston (nut  
consultant)"



Nutrition for good mental health: A list by anna



Sugar Addict: A list by "lumania"

[Create a Listmania! list](#)

---

## Look for similar items by category

[Subjects](#) > [Health, Family & Lifestyle](#) > [Diet & Nutrition](#) > [Losing Weight](#)

---

## Look for similar items by subject

- ☐ [Consumer Health](#)
- ☐ [Diets - General](#)



- ☐ [Weight Loss](#)
- ☐ [Health & Fitness](#)
- ☐ [Health/Fitness](#)

Find products matching ALL checked subjects

i.e., each product must be in subject 1 AND subject 2 AND ...

## Feedback

Would you like to **update product info** or **give feedback on images**? (We'll ask you to sign in if you can get back to you)

[I am the Author](#), and I want to comment on my book.

[I am the Publisher](#), and I want to comment on this book.



**DVD Rental**  
Enjoy a free  
two-week  
trial on any  
one of our  
DVD rental plans. [Find  
out more.](#)

## Where's My Stuff?

track your [recent orders](#)  
view or change your orders  
in [Your Account](#)

## Delivery and Returns

see our [delivery rates and  
policies](#)  
[thinking of returning an  
item?](#) (See our [Returns  
Policy](#))

## Need Help?

forgot your password? [Click  
here.](#)  
[redeem](#) or [buy](#) a gift  
certificate  
still have questions? [Visit our  
Help Pages](#)

Search our shops

[BOOK  
SEARCH](#) | [BROWSE  
CATEGORIES](#) | [SPECIAL  
OFFERS](#) | [Bestsellers](#) | [AUDIO  
BOOKS](#) | [PAPERBACKS  
- 3 FOR £12](#) | [TEXTBOOKS  
& REVISION](#) | [NEW  
RELEASES](#)

[Amazon Home](#)

International Sites: [United States](#) | [Germany](#) | [France](#) | [Japan](#) | [Canada](#) | [China](#)

[Contact Us](#) | [Help](#) | [View Basket](#) | [Your Account](#)

[About Amazon.co.uk](#) | [Careers at Amazon](#) | [Join Associates](#)

[Conditions of Use & Sale](#) | [Privacy Notice](#) © 1996-2007, Amazon.com, Inc. and its affiliates

amazon.com

Your  
Amazon.com

Books

See All 40  
Product Categories

Your Account | Cart | Your Lists | History

Advanced  
SearchBrowse  
Subjects

Bestsellers

The New York  
Times® Best SellersNew & Future  
ReleasesLibros En  
Español

Magazines

Sell Your  
StuffBargain  
Books

Tex

Search

Books

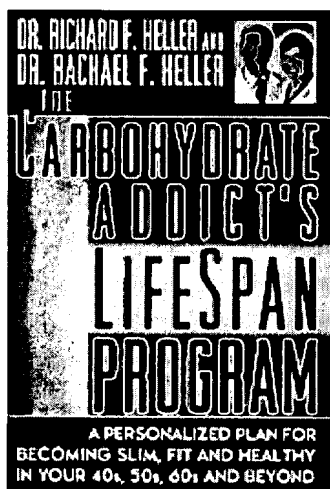
GO

Find Gifts

A9

Web Search

This item is not eligible for Amazon Prime, but over a million other items are. Join **Amazon Prime** today. Already a member? [Sign in.](#)


[See larger image](#)
[Share your own customer images](#)

[I own the rights to this title and would like to make it available again through Amazon.](#)

[Are you the publisher or author? Learn how Amazon can help you make this book an eBook.](#)

## The Carbohydrate Addict's Lifespan Program: Personalized Plan for bcmg Slim Fit Healthy your 40s 50s 60s Beyond (Hardcover)

by [Richard F. Heller](#) (Author), [Rachael F. Heller](#) (Author)

★★★★★ (280 customer reviews)

**Availability:** Available from [these sellers](#).

**68 used & new** available from \$0.01

Also Available in:	List Price:	Our Price:	Other Offers:
Paperback (Reissue)	\$7.50	\$7.50	<a href="#">Order it used!</a> 222 used & new from \$0.01

**68 used & new** from \$0.01

[See all buying options](#)

Have one to sell? [Sell](#)

[Add to Wish List](#)
[Add to Shopping](#)
[Add to Wedding Re](#)
[Add to Baby Regi](#)
[Tell a friend](#)

Keep connected to what's happening in the world of books by signing up for [Amazon.com Books Delivers](#), our most subscription e-mail newsletters. Discover new releases in your favorite categories, popular pre-orders and bestsellers, exclusive author interviews and podcasts, special sales, and more.

### Customers who bought this item also bought

[The Carbohydrate Addict's Cookbook: 250 All-New Low-Carb Recipes That Will Cut Your Craving Keep You Slim for Life](#) by Rachael F. Heller

[The 7-Day Low-Carb Rescue and Recovery Plan](#) by Rachael F. Heller

[The Carbohydrate Addict's Diet: The Lifelong Solution to Yo-Yo Dieting \(Signet\)](#) by Rachael F. Heller  
[Carbohydrate Addict's Carbohydrate Counter](#) by Rachael F. Heller

[The Carbohydrate Addict's Healthy Heart Program: Break Your Carbo-Insulin Connection to Heal](#) by Richard F. Heller

► **Explore similar items :** [Books](#) (49)

---

## Editorial Reviews

### Amazon.com

"If you are carbohydrate addicted, this book will give you the information you need to literally eat your cravings for starches, snack foods, or sweets and get control over your eating and your life, age, through all the decades to come--and without sacrifice. You will be able to lose weight and decrease your risk for virtually all of [America's] top killer diseases. You will get the guidance you need to make the lifestyle change you have been waiting [for] for so long. And, in addition, you will gain the courage and conviction that your hunger, cravings, and weight problems are not your fault, and the pounds fade, so will your guilt and self-blame." So begins *The Carbohydrate Addict's Lifespan Program*, a book especially tailored for those 40 and over, especially menopausal women and those who were prescribed Fen-Phen. Its premise is simple--it's designed to help you rid your body of excess insulin. When excess insulin is circulating through the body, it's virtually impossible to lose weight, say Rachael Heller, both research scientists and professors and authors of the bestselling *Carbohydrate Addict's Diet*.

They've created a sympathetic and clear guide for keeping insulin levels--and therefore food cravings--in check, with plenty of appealing and easy-to-prepare recipes, including low-fat Chicken Kiev and Crabmeat Salad. A stress-reduction plan, progress charts, meal plans, and comprehensive index are included.--*Erica Jorgensen* --*This text refers to an out of print or unavailable edition of this title*

### From Publishers Weekly

The authors of *The Carbohydrate Addict's Diet* (1993) and *Healthy for Life* (1995) aim the latest in their approach to carbohydrate addiction at maturing Americans. Professors at Mount Sinai School of Medicine in New York City, the Hellers reiterate their claims that excess insulin causes some people to crave carbohydrates, creating an unstoppable cycle of cravings and weight gain. Noting that metabolism slows down as individuals age, the Hellers again tell personal stories of learning how to manage carbohydrate intake and their weight. They present their Basic Plan, which is based on craving-resistant proteins and vegetables and allows "Reward Meals" that include reasonable portions of carbohydrate. Nine "Options" include such tactics as adding chromium, exercising, or cutting out MSG (which triggers carbo cravings). The Hellers also link excess insulin to such age-related diseases as high blood pressure, heart disease and adult-onset diabetes. Accompanying recipes and menus, which allow much more flexibility than typical low-fat/high-carb plans, may attract new readers. To maturing Heller fans, much of the book will seem familiar.

Copyright 1996 Reed Business Information, Inc.

**[See all Editorial Reviews](#)**

---

## Product Details

**Hardcover:** 494 pages

**Publisher:** Dutton Adult (January 1, 1997)

**Language:** English

**ISBN-10:** 0525941746

**ISBN-13:** 978-0525941743

**Product Dimensions:** 9.8 x 6.5 x 1.5 inches

**Shipping Weight:** 1.8 pounds

**Average Customer Review:** ★★★★★ based on 280 reviews. ([Write a review.](#))

**Amazon.com Sales Rank:** #120,598 in Books (See [Top Sellers in Books](#))

(Publishers and authors: [improve your sales](#))

**Also Available in:** | [Paperback \(Reissue\)](#) | [All Editions](#)

Would you like to [update product info](#) or [give feedback on images](#)? (We'll ask you to sign in to get back to you)

---

## What do customers ultimately buy after viewing this item?

**79%** buy [The Carbohydrate Addict's Lifespan Program : A Personalized Plan for Becoming Slim, Healthy in Your 40s, 50s, 60s and Beyond](#) by [Rachael F. Heller](#) ★★★★★

**10%** buy [The Carbohydrate Addict's Diet: The Lifelong Solution to Yo-Yo Dieting \(Signet\)](#) by [Ra](#) [Heller](#) ★★★★★ \$7.50

**5%** buy [The 7-Day Low-Carb Rescue and Recovery Plan](#) by [Rachael F. Heller](#) ★★★★★ \$6.99

**3%** buy [The Carbohydrate Addict's Cookbook: 250 All-New Low-Carb Recipes That Will Cut You and Keep You Slim for Life](#) by [Rachael F. Heller](#) ★★★★★ \$18.21

**3%** buy [Carbohydrate Addict's Carbohydrate Counter](#) by [Rachael F. Heller](#) ★★★★★ \$5.99

[Compare these items](#)

[Explore Similar Items](#)

---

## Help others find this item

[Make a Search Suggestion](#) | [Manage your Search Suggestions](#)

No-one has made a Search Suggestion for this item yet. Why not be the first to [suggest](#) a search term which this item should appear?

---

## Tag this product (What's this?)

Your tags: [Add your first tag](#)

---

## Tags customers associate with similar products

[diet](#) (6), [low carb](#) (2), [health maintenance](#) (2), [fiction](#) (6), [addict](#) (1), [gone](#) (1), [long-term weight loss](#) (1), [codependency](#) (3), [women](#) (2), [evil](#) (2), [books](#) (2), [relationships](#) (2), [health and fitness](#) (1), [american](#) (1), [family](#) (1)

Search Products Tagged with

[See most popular tags](#)

---

## Are you the publisher or author? Learn how Amazon can help you make this an eBook.

If you are a publisher or author and hold the digital rights to a book, you can make it available as an eBook on Amazon.com. [Learn more.](#)

---

## Rate this item to improve your recommendations

[Sign in](#) to rate this item

★★★★★ ☐ I own it

---

## Spotlight Reviews

**Write an online review and share your thoughts with other customers.**

**Search Customer Reviews**

238 of 243 people found the following review helpful:

**★★★★★ Read the entire book before you claim it's a hoax.**, November 15, 1999

Reviewer: **"dmr1"** (Pennsylvania, USA) - [See all my reviews](#)

I too saw Oprah on October 4 and bought the book immediately. I read it and followed it. In month's time, I have lost 13lbs (avg 2-3lbs per week). This program works when done properly.

What bothers me is all of the negative comments that are completely untrue. The Hellers are condoning a high fat diet. They are not promoting "binge" eating. They are not endorsing a "fits-all" diet. This program was specifically designed for people who have an addiction to carbohydrates. When followed properly the dieter will see the desired results including:

1. loss of hunger that drives people off their "one-size-fits-all" diets
2. weight loss
3. lower cholesterol levels
4. more energy
5. freedom from yo-yo dieting
6. joy in learning it's not about will power.

If a person is not addicted to carbohydrates, they may see success with this plan and possibly other plans. Of course everyone has to make their own decisions regarding health and fitness. Addicted persons CANNOT lose weight and heal their emotional wounds - weight and image - on a carbohydrate-rich eating plan. This program is empowering to the carbo addict in more than one way.

And if I'm not mistaken, Oprah did not TELL anyone to do this. She merely stated that she would try it for a month along with whomever wanted to in the audience (and watchers). That is the definition of "endorsing a program".

It is obvious that some people who have "reviewed" this book, COULD NOT HAVE READ IT.

 [Comment](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

237 of 247 people found the following review helpful:

**★★★★★ Result oriented book with a sensible approach**, December 19, 1999

Reviewer: **A reader**

This book is pretty good. The best part, to me, is that it gives guidelines for reward meals that help you STAY on the diet and it makes real, practical, metabolic sense. LifeSpan outlines a plan that GIVES results, unlike the diets of most experts, who say that ours is an increasingly fat society. Years ago the low fat, high carb diet has failed (300 gms. is the current carb FDA recommendation) now that hope, while dieting, is fostered only with positive results. I have lost 20 pounds in just one month and I feel great! My arthritis is gone, my energy up and I am determined to keep it. I know now that I can finally do it and I have fewer cravings with the daily reward meals! I have THIS plan, the Protein Power Plan, by the Eades MDs, the famous Atkins plan, Sugar Buster Zone, etc., they are all great, it's a matter of personal preference. The message, is the basic same in all of them. Dieters learn how metabolism, glucagon and insulin levels interact to cause cravings, weight loss and gain. They learn how to monitor the TYPES of foods eaten, and thus their metabolism, insulin levels and glucagon levels to get the desired effect. What the so-called experts say about low carbs and high protein no longer matters to me because their high carb fat diets don't work, at least for me. I see the outpouring of testimonials about this and other books and have concluded that the critics JUST don't get it! Do yourself a favor and see what experts say; those who have been fat and who are finally losing weight. The self-proclaimed community, now prolific critics of low carb dieting, WILL eventually jump on the bandwagon to the same conclusions that the Heller's, Atkins, Scarsdale, other physicians and PH.D's have discovered and pushed for decades. In fact, science is already talking about "syndrome X" and relations to insulin levels! I applaud the Atkins, the Heller's and the Eades, and all the others who have the courage to go against the grain. But I remember that the majority, at one time in history, believed that the world was flat.

 [Comment](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

## Customer Reviews

Average Customer Review: ★★★★★

**Write an online review and share your thoughts with other customers.**

0 of 4 people found the following review helpful:

★★★★★ **An ok read**, January 13, 2007

Reviewer: **Christine A. Smith "Christine A Smith"** (Lakeport, CA United States) - [See all reviews](#)

I didn't find this book as good for me and my tastes.

 [Comment](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)


1 of 4 people found the following review helpful:

★★★★★ **The Carbohydrates Addict's Lifespan Program: Personalized Plan for Becoming Slim, Fit & Healthy in your 40's, 50's and 60's and**, July 9, 2006

Reviewer: **Janet K. Root** - [See all my reviews](#)

REAL NAME™

I was expecting simple daily meal plans and it was a lot of reading and recipes that are not a food items on hand. I was really disappointed in the book.

 [Comment \(1\)](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

12 of 13 people found the following review helpful:

★★★★★ **Health and Success Thru Planning**, November 12, 2005

Reviewer: **Milo Jo** (Nevada) - [See all my reviews](#)

When I first tried this "diet" I was feeling very sick--obese and lethargic and completely down like this was my last chance.

After THREE DAYS on this plan, I felt 100% better. I didn't have the swelling in my feet and didn't have the bloating I had been experiencing. The first week I lost 10 lbs; the second week 5 lbs; the third week, another 5 lbs. After that, I settled down to between .5 and 1.5 lbs a week.

As long as I follow the plan, I feel great and lose weight or maintain weight depending on what I'm trying to do.

This is the best "diet" for me because I don't have to weigh anything, I don't have to measure anything in detail (eye measure is about it) and once I had been on the plan for a few weeks exactly what I could and couldn't eat. It's the first plan that has really worked for me and been relatively painless as well.

 [Comment](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

10 of 10 people found the following review helpful:

★★★★★ **Works for me!**, September 6, 2005

Reviewer: **M. Gorman "Amazon Fiend"** (Providence, RI) - [See all my reviews](#)

REAL NAME™

This book definitely has a lot of great info in it. I have been following the plan since June and have lost 64 pounds so far. I am never hungry and my cravings are controlled. If carbs are an issue, I definitely suggest you give it a read. At the price you can get it used on here, I can't see why I wouldn't want to check it out! It is definitely about a lifestyle change though, not a quick fix.

 [Comment](#) | Was this review helpful to you? ☒ Yes ☐ No [\(Report this\)](#)

[See all 280 customer reviews](#)

---

## Customer Discussions Beta (What's this?)

**New!** Receive e-mail when new posts are made. Click the "Track it!" button on any discussion page.

### This product's forum (0 discussions)

Ask questions, Share opinions, Gain insight

#### Start a new discussion

Topic:

### General forums

#### Diet & Weight Loss

Detoxify for Successful V

What Are Your Criticisms


› [See all 6 discussions..](#)

**Heller, Rachael & Rich**  
(discussion)

---

## Product Information from the Amapedia Community Beta ([What's this?](#))

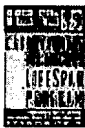
Be the first person to [add an article about this item at Amapedia.com.](#) 

› See [featured Amapedia.com articles](#) 

---

## Listmania!

Search Listmania!



[Get the Weight Off](#): A list by [Erica Jorgensen](#)



[Health Bestsellers of 1999](#): A list by [Stefanie Durbin](#)



[Low Carb Cookbooks](#): A list by prisrob "prisrob"

[Create a Listmania! list](#)

---

## Your Recently Viewed Items



[The Carbohydrate Addict's  
Lifespan Program : A  
Personalized Plan for  
Becoming Slim, Fit and  
Healthy in Your 40s, 50s,  
60s and Beyond](#)  
by Rachael F. Heller

› [View & edit Your Browsing History](#)

---

## Look for similar items by category

[Subjects](#) > [Health, Mind & Body](#) > [Authors, A-Z](#) > [Heller, Rachael & Richard](#) > [General](#)  
[Subjects](#) > [Health, Mind & Body](#) > [Authors, A-Z](#) > [Heller, Rachael & Richard](#) > [Hardcover](#)  
[Subjects](#) > [Health, Mind & Body](#) > [Diets & Weight Loss](#) > [Diets](#) > [Healthy](#)  
[Subjects](#) > [Health, Mind & Body](#) > [Diets & Weight Loss](#) > [Diets](#) > [Low Carb](#)



[Subjects](#) > [Health, Mind & Body](#) > [Diets & Weight Loss](#) > [Diets](#) > [Weight Loss](#)

[Subjects](#) > [Health, Mind & Body](#) > [Diets & Weight Loss](#) > [Special Conditions](#) > [Low Carbohydrate](#)

[Subjects](#) > [Health, Mind & Body](#) > [Exercise & Fitness](#) > [General](#)

[Subjects](#) > [Health, Mind & Body](#) > [General](#)

[Subjects](#) > [Health, Mind & Body](#) > [Personal Health](#) > [Healthy Living](#)

[Subjects](#) > [Medicine](#) > [General](#)

---

## Look for similar items by subject

- ☐ [Low-carbohydrate diet](#)
- ☐ [Health/Fitness](#)
- ☐ [Diets - Weight Loss](#)
- ☐ [Health & Fitness](#)
- ☐ [Diet / Health / Fitness](#)
- ☐ [Physical fitness](#)
- ☐ [Healthy Living](#)
- ☐ [Diets - Better Health](#)
- ☐ [Health & Fitness / General](#)
- ☐ [Health](#)

Find books matching ALL checked subjects

i.e., each book must be in subject 1 AND subject 2 AND ...

---

### Treats for Mom



Find  
[chocolates](#),  
[cookies](#),  
[gift](#)  
[baskets](#),  
and more great  
[Mother's Day gifts](#) in  
[Gourmet Food](#).

### Save with Instant Rebates in Grocery



Save  
today  
with  
instant  
rebates  
on your favorite  
brands--Orville  
Redenbacher's,  
Skippy, Annie's  
Homegrown, and  
more than 30  
more. Offers valid  
through April 30.

> [More Special  
Offers in Grocery](#)

### Glamorous Gifts for Mom



Find  
[fragrances](#),  
[bath](#)  
[products](#),  
[gift sets](#),  
and [more](#) and enjoy a  
bonus with select  
orders.

> [See Mother's Day  
gifts at Amazon.com  
Beauty](#)

### Introducing Subscribe & Save



automatically  
Subscribe re-  
& Save plu-  
s a  
discount on items you  
frequently, inc  
[coffee](#), [shampoo](#),  
[laundry detergent](#)  
with our new  
[Subscribe & Save](#)  
program

> [More about  
Subscribe & Save](#)

## Feedback

- ▶ If you need help or have a question for Customer Service, [contact us](#).
- ▶ Would you like to [update product info](#) or [give feedback on images](#)? (We'll ask you to sign in so we can get back to you)
- ▶ Is there any other feedback you would like to provide? [Click here](#)

## Where's My Stuff?

Track your [recent orders](#).  
View or change your orders  
in [Your Account](#).

## Shipping & Returns

See our [shipping rates & policies](#).  
[Return](#) an item (here's our  
[Returns Policy](#)).

## Need Help?


Forgot your password? [Click here](#).  
[Redeem](#) or [buy](#) a gift  
certificate.  
[Visit our Help department](#).

Search

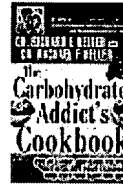
## Your Recent History

[Learn more](#)

### Recently Viewed Products

-  [The Carbohydrate Addict's Lifespan Program : A Personalized Plan for Becoming Slim, Fit and Healthy in Your 40s, 50s, 60s and Beyond](#) by Rachael F. Heller

### Customers who bought items in your Recent History also bought:



[The Carbohydrate Addict's Cookbook](#) by Rachael F. Heller



[The 7-Day Low-Carb Rescue and Recovery Plan](#) by Rachael F. Heller



[The Carbohydrate Addict's Diet](#) by Rachael F. Heller

▶ [View & edit Your Browsing History](#)

[Amazon.com Home](#) | [Directory of All Stores](#)

International Sites: [Canada](#) | [United Kingdom](#) | [Germany](#) | [Japan](#) | [France](#) | [China](#)

[Help](#) | [View Cart](#) | [Your Account](#) | [Sell Items](#) | [1-Click Settings](#)

[Investor Relations](#) | [Press Release](#) | [Careers at Amazon](#) | [Join Associates](#) | [Join Advantage](#) | [Join Honor System](#) | [Advertise With Us](#)

[Conditions of Use](#) | [Privacy Notice](#) © 1996-2007, Amazon.com, Inc. or its affiliates